

MICHAEL CERA **PICKS A FIGHT GETS TRAINING FOR** PILGRIM FLICK (page 8)



**PENN ACTOR SLAMS** 







### That's a wrap for folk festival

Music fans gathered at Gallagher Park last night for the closing concert of this year's Edmonton Folk Music Festival. The music extravaganza featured top-draw names from Canada and abroad along with local acts.

### Where to put your baby pics

Editor dishes on how to store photos of junior {page 11}

### Do homework in style

Designer tips on how to create a calm work zone {page 17}

# No code change on

So-called crimes of honour involve attack by one relative, usually male, on another, usually female, for act believed to have brought shame upon family

Canada's justice minister has moved to quash weeks of confusion by playing down the idea that Ottawa might amend the Criminal Code to include so-called "honour killings."

Justice Minister Rob Nicholson says Ottawa is making honour crimes a priority but there isn't any real need to change the Criminal Code to achieve such an objective.

That puts an end to weeks of headscratching prompted by a remark from one of his cabinet colleagues, Rona Ambrose, that the government was considering Criminal Code amendments.

Nicholson told The Canadian Press that some sort of plan would be devised but downplayed the possibility that code amendments were the preferred option.

"It's not necessarily any changes to the Criminal Code," Nicholson told The Canadian Press in an interview this

"Specifically with respect to murder, there are (already) very strong provisions." The Canadian press

#### What happened

The confusion began last month when Rona Ambrose, the minister for the status of women, said Ottawa was looking at amending the code.

- Dismissal Her statement was initially dismissed outright by the Justice Department; but the department later changed its tune and said Ambrose's comments did indeed reflect government policy.
- Change Justice Minister Rob Nicholson said the Tories only plan one change to the murder provisions in the Criminal Code: doing away with the faint-hope clause, a controversial provision that allows those sentenced to life in prison to apply for early release after serving 15 years.
- What's the Difference? Rona Ambrose's comments raised eyebrows because murder is already the most serious infraction in the Criminal Code and it's unclear how it might be judged any differently in "honour killing"



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Anti-abortion sniper James Kopp won't face justice in Canada for suspicion of attacks on three doctors here. Read the story at metronews.ca.



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### MOMENTS TO SAVOUR TILL NEXT YEAR



Two memories from this year's Edmonton Folk Music Festival will carry me through to next year.

n Thursday night, Ben Harper was closing the main stage as the sun was setting behind downtown's skyscrapers. The thousands of candles lighting up the hill noticeably moved him. He commented between

songs about never wanting to play another festival if there aren't any candles.

If you haven't seen it before, taking a look back at the hill from the stage will blow your mind. As Harper said, it's quite possible that Gallagher Park could be seen from space.

The second memory came on Saturday night.

Brandi Carlile was singing a haunting rendition of Somewhere Over the Rainbow and the crowd was so quiet you could have heard a guitar pick drop.

Carlile said it was the quietest festival crowd she had ever played for and she thanked everyone. She seemed to be honestly appreciative of the silence while she

I think that's the magic of the festival. Every year Edmontonians are spoiled with some of the biggest names in folk music, and beyond.

We know how to treat an artist, how to properly enjoy a special performance, and it's the reason why this festival attracts the best.

For five days I've walked up and down the hill, I've sat in the smouldering heat trying to catch a break from the sun in the overflowing beer gardens, and I've enjoyed every artist I was able to catch.

It was another amazing festival and every year I go away thinking how on earth they'll be able to top it next year, but I know they will, and I'll be there rain or shine.

# City gets taste of Caribbean flavour

Cariwest festival brings party to Edmonton for 26th year



ANDREAS MORSE @METRONEWS.CA

On a sizzling summer weekend, nothing beats grooving to the beats of a steel drum band in the centre of the city.

Cariwest 2010, Edmon-

Cariwest 2010, Edmonton's Caribbean Arts Festival, took place this weekend in Sir Winston Churchill Square.

For first-time participant Polly-Ann Green, a dancer with the Trini Seteres, it certainly won't be the last time she takes part in the festivities.

"It was a lot of fun and exciting and lots of energy. I'll definitely be doing it again next year," Green said

The party started on Friday with a "costume

"Seeing all the costumes and the dancers on the streets was amazing. It was great to see so many different cultures out watching."
PARTICIPANT POLLY-ANN GREEN

extravaganza" at the Jubilee Auditorium.

On Saturday, Jasper Avenue was awash in Caribbean culture as a parade wound its way down city streets, followed by a concert later that night.

The celebration continued yesterday in the square with reggae music blasting over loudspeakers and rum flowing freely.





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### She won't run and hide she'll just run

Hundreds lace up to raise money for cancer research
 Event garners \$4.3 million for two research centres



Young or old, cancer has

no boundaries.
Last year, at 24 years of

age, Leah Kirtio found out she had breast cancer. However, she wasn't about to start feeling sorry for herself.

"I find humour helps so much better than sitting there and asking why," she said. "I just figured it's something I have to get through and I decided to fight it head-on."

Fighting is exactly what

### Fundraiser

- This is the fifth year for the Weekend to End Women's Cancers event.
- Participants in Edmonton raised over \$1.6 million.
- Between Edmonton and Calgary, a total of \$4.3 million was raised.
- The funds will go towards cancer research at the Cross Cancer Institute in Edmonton and Calgary's Tom Baker Cancer Centre.

she did this weekend during the Shoppers Drug Mart Weekend to End Women's Cancers fundraiser at Rundle Park.

On Saturday, she joined more than 700 other participants in trucking along the 60-kilometre route, crossing the finish line yesterday.

terday.
"It's overwhelming and it's awesome to see the support everybody offers, and you only see smiles and laughter ... It's just a great community to be part of," exclaimed Kirtio.

After a few more test results and one more surgery, Kirtio has high hopes of being cancer-free soon.



### The past, and future, of skating

To celebrate the 30th anniversary of the Wild Rose Competition, the Alberta Skating Foundation put on a special skating gala for 400 competitors and family. In addition to having the star champions perform, the foundation wanted to recognize the achievements and development of young athletes, so the gala also included skaters who took part in the weekend-long competition.

### Biker dies in crash with car

A 53-year-old man died early Saturday morning when he drove his motorcycle into the back of a Toyota Echo at a red light.

The driver was thrown into the back of the car and later died in hospital.

### Separate crash kills biker, 33

A 33-year-old man died Saturday after losing control of his motorcycle.

He was wearing a helmet, but not an approved one. Evidence doesn't suggest alcohol was a factor, police say.

## floods to cost \$3B?

**Prairie** 

Flooding that ravaged fields across a large swath of the Prairies this summer could end up costing the farming industry as much as \$3 billion, BMO Capital Markets said Friday

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# Flooding disaster puts Asia in peril

Chinese government sets aside \$73M for recovery efforts More rain in forecast till Wednesday

Floods and landslides across Asia plunged millions into misery yesterday as rubble-strewn waters killed at least 127 in northwestern China and four million Pakistanis faced food shortages amid their country's worst-ever flooding.

04

In Indian-controlled Kashmir, rescuers raced to find 500 people still missing in flash floods that have already killed 132. while North Korea's state media said high waters had destroyed thousands of homes and damaged crops.

Terrified residents fled to high ground or upper storeys of buildings in China's Gansu province after a debris-blocked river overflowed during the night, smashing buildings and overturning cars. THE ASSOCIATED PRESS

#### Worst hit

With lives lost and crops destroyed, China and Pakistan are mounting huge recovery efforts.

- In Pakistan, approximately four million people are in need of food in the coming months. The country estimates the disaster affects 13 million people.
- Two villages were buried in northern Gilgit-Baltistan.
- In India, rescuers searched for 500 people while the army, police and paramilitary soldiers cleared roads to villages.

1,300 China's Xinhua News Agency lowered an estimate of people missing by 700, down from 2,000, yesterday.



### Sauna contestant dies in 110 C room

A Russian man trying to win the Sauna World Championships died after collapsing with severe burns in the final stage of an event that required contestants to sit in a room at 110 C, as water was tossed onto a searing stove, officials and witnesses said.

Vladimir Ladyzhenskiy, an amateur wrestler who was in his 60s, was pro-nounced dead late Satur-day after he collapsed alongside reigning champion Timo Kaukonen of Finland roughly six minutes into the final round.

Nearly 1,000 spectators had gathered in the southern Finnish town of Heinola to watch 130 competitors from 15 countries, waving flags and cheering on the contestants before medical workers pulled the shaking and bleeding men out of the sauna.

Video footage shows

workers pouring cold water over the two men and administering first aid as fund's spokesperson Konorganizers tried to cover up the scene and calm spectators.

The men were bleeding from what appeared to be severe burns, said Hakon Eikesdal, a photographer with the Norwegian daily Dagbladet.

Ladyzhenskiy headed a charity fund in the Siberian city of Novosibirsk. The

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stantin Kruglyansky told the LifeNews daily that his family has demanded an investigation into his death.

Kaukonen, about 40, was hospitalized in stable condition yesterday, contest spokesperson Ossi Arvela said.

Sauna bathing is a popular pastime in the Nordic countries. Temperatures are normally kept around 70 to 80 C

### It's history

The annual contest had been held since 1999, Organizers say it will never be held again.

- Half a litre of water is added to the stove every 30 seconds.
- There was no prize other than "some small things," says the contest spokesperson.
- Defending champ Timo Kaukonen was sick, vet wouldn't leave.

### Civilian toll in war up 6% over last year

Civilian war deaths in the first seven months of 2010 rose by six per cent over the same period last year, Afghanistan's human rights commission said yesterday. The modest increase suggested that U.S. and NATO efforts to hold down civilian casualties

were having some success.

Also yesterday, the bodies of 10 members of a medical team were flown to Kabul from Badakhshan, where they were gunned down three days ago at the end of a humanitarian mission.

THE ASSOCIATED PRESS

### **North Korea seizes** fishing crew, boat

North Korean authorities seized a South Korean fishing boat and its crew yesterday in waters off the divided peninsula's eastern coast, the South's coast tensions over the sinking of a southern navy ship.

Four South Korean and

three Chinese fishermen were questioned for an alviolation of the North's exclusive economic zone, South Korea's coast guard said. South Korea called on the North to quickly return the fishing boat and its crew.

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## **BP gets mixed marks for spill response**

The U.S. government's point man overseeing BP's response to the massive oil spill in the Gulf of Mexico gives the company high marks for its engineering response, but low marks in dealing with people.

Yesterday, on CNN's State of the Union, retired

Coast Guard Adm. Thad Allen said he isn't sure any oil company could have done more to cap the spill. But he said BP was too big a company to immediately deal with the problems the spill caused individuals along the coast.

THE ASSOCIATED PRESS

# Que. stimulus favours Tory communities

▶ Ridings receiving the most money are Tory-won political hot spots ▶ Highest-earners just 15% of seats

Two Conservative ridings were the biggest Quebec beneficiaries of a federal stimulus program set aside for rural areas, while other Tory-held areas received a considerable share of funds reserved for the province.

In the initial wave of stimulus spending under the Community Adjustment Fund — a country-wide program — the two Quebec ridings that received the most were key electoral battlegrounds held by the Tories.

Of the 10 ridings to receive the most money in Quebec, four were Conservative though the party holds just 11 of the province's 75 seats

province's 75 seats.
The riding to receive the most money was Montmagny-L'Islet-Kamouraska-Riviere-du-Loup, which Conservative Bernard Genereux wrestled from the Bloc Quebecois in a 2009 byelection.

Projects in Genereux's riding were awarded more than \$8 million worth of stimulus money, including \$2.8 million in the months following his victory.

THE CANADIAN PRESS

#### Stimulus bias?

The research tracked spending delivered June 2009 to March 2010 through the fund, which targets rural areas and smaller communities.

- A 2009 Canadian Press study also found that in almost every province, a Conservative riding was first in terms of overall grant money received.
- Ottawa insists political considerations do not factor into the decisions of who gets what.



### Red (and grey) scare in Moscow

Moscow authorities yesterday opened more than 120 "anti-smog" centres to give residents an escape from record-breaking heat and an unprecedented choking smoke from wildfires blazing around the capital. Dozens of flights were grounded at local airports. Authorities have opened 123 air-conditioned rooms to the public in government buildings and hospitals.

### Ex-PM on mend after surgery

Jean Chrétien is continuing his quick recovery following surgery to remove a pool of blood that was putting pressure on the ex-prime minister's brain. "He was up and walking today," said aide Bruce Hartley. THE CANADIAN PRESS

### Groom shoots up wedding

A Turkish state-run news agency says a groom has killed his father and two aunts after opening fire into the air with an automatic weapon to celebrate his wedding. Eight other relatives were injured.

THE ASSOCIATED PRESS

### 10 traffic cops killed in Iraq

Baghdad's traffic cops are demanding their own guards after at least 10 were killed over the past week in drive-by shootings and other attacks that have set back efforts to restore normalcy to Iraq.

THE ASSOCIATED PRESS



### Harassment case settled

Ousted Hewlett-Packard Co. CEO Mark Hurd has settled allegations of sexual harassment lodged against him by a female contract worker for HP, a person with intimate knowledge of the case said late Saturday.

The harassment accusations set off a chain of events that led to Hurd's stunning resignation this week that left a hole in the world's largest technology com-

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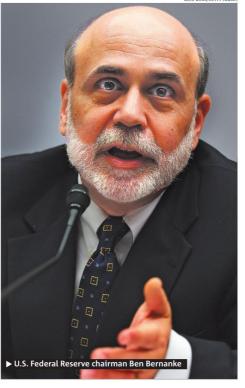


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## **Investors** await key U.S. numbers



### Questions on stimulus spending Retail sales results expected

Investors will be looking to the U.S. Federal Reserve's meeting on interest rates this week to get a clearer picture on how the American economic recovery is unfolding.
There isn't any doubt

about what the Fed will do about rates themselves the central bank is fully expected to keep its key rate down at a record low of 0.25 per cent.

Certainly, there was nothing in last Friday's U.S. non-farm payrolls report to suggest that the American economy is ready for higher rates. While the jobless rate held steady at 9.5 per cent, the economy couldn't even meet modest expectations of 90,000 new private sector jobs last month. Instead, the sector added about 70,000 jobs.

But the Fed can find solace from some areas of the report.

There are positive sinews out there, especial-

ly on the auto side where we see demand rising, which kind of goes against the grain here," said Andrew Pyle, investment adviser with ScotiaMcLeod in Peterborough, Ont.

While jobs numbers have been weak, "if the consumer is shell shocked from what happened to portfolios in the second quarter, why on earth would (he) be optimistic about the outlook for auto demand? Yet that's what we're seeing and that's one of the reasons we saw manufacturing employ-ment up in the month of July."

So with no doubt about rates, investors will be eager to scan the Fed's accompanying communique for its take on economic conditions. They will also look to see if the Fed is considering extra stimulus to jolt the economy, particularly in light of rising worries about deflation.

### **Bahrain won't ban BlackBerrys**

Bahrain's foreign minister said yesterday the country has no plans to follow its Persian Gulf neighbours in banning some BlackBerry services because security fears do not outweigh the technological benefits.

His comments come as device maker Research in Motion Ltd. is facing opposition by a number of countries around the world, including Saudi Arabia and the United Arab Emirates in the Gulf, to the way its encrypted email and messenger services are managed. Bahrain's Sheik Khaled

bin Ahmed Al Khalifa told The Associated Press the handheld devices raise legitimate concerns, but that his nation has decided that banning some of the phones' features is "not a way of dealing with it."
"We're not saying there

no security concern," Sheik Khaled said in an interview. But, he added: "There are many other ways for the criminals or terrorists to communicate, so we decided we might as well live with it."

Canadian-based RIM is negotiating with Saudi authorities to avoid a ban on messaging services on the devices, while neighbouring UAE is planning an even more sweeping crackdown on the data services starting in October.

Both countries have cited security concerns. Critics contend that the countries are also motivated by a desire to monitor users' political activity.

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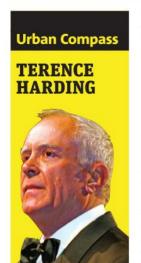
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### ALTERNATIVES TO AN AIRPORT



The city has announced the five finalists for the redevelopment of the City Centre

support the redevelopment of the land, but I am rethinking what should go there.

It would be nice to create a model of urban sustainability. But I'm wondering if the lands could be redeveloped in such a way as to benefit all Edmontonians directly. After all, this is our land and to date no one has really asked us what we want to

Given the 140 question brouhaha about a downtown arena, one might think there would be much more public discussion. Perhaps that is to

come, but at the moment it appears we are going to be given a choice between different

approaches to the same thing.

Rather than using the 43 acres of City Centre Airport land for housing and commercial space, perhaps we should look at different kind of uses for it.

One that comes to mind is the creation of an urban forest replete with an artificial lake.

One of the things that Edmonton lacks is a beach. We could

certainly build one. An urban forest with a lake at its centre

would certainly add something to this city and would serve the recreational needs of Edmonto-

"Saying we don't

need an urban

forest because

we have the river

vallev is to

ignore reality.

We are not going

to go swimming

in the North

Saskatchewan

River."

the river.

nians for generations to come.

Saying we don't need an urban forest because we have the river valley is to ignore reality. We are not going to go swimming in the North Saskatchewan River. And those er vallev as a religious icon have made sure you cannot get a coffee or a sandwich anywhere near

tangle.

who treat the riv-

joyable. Take a look at how many children there are in the pool in front of city hall or the legislature on a hot day and tell me frolicking in the water isn't a big deal to many of us. Imagine thousands of

turn a city from livable into en-

Edmontonians of all economic levels being able to take their children to the beach for a swim outside in something other than a crowded concrete rec-

Constructed the right way, the park would also allow for any number of types of summer and winter recreation.

There will be a civic election in October and I think we should be asking those who want our vote what other options for the City Centre Airport lands they're willing to consider.

Cartoon

### Space station in tough spot

Trees and water are what

### JOHN BAIRD WILL DELICATELY STEER THE GOVERNMENT'S AGENDA THROUGH PARLIAMENT.



### Worth

mentioning

A pair of space station astronauts had to hammer loose a stuck connector during an urgent spacewalk to restore a crucial cooling system Saturday, then an ammonia leak erupted and hampered the

entire repair effort.

Despite making one of the longest spacewalks ever, Douglas Wheelock and Tracy Caldwell Dyson had to give up trying to re-move a broken ammonia pump and retreat inside.

Disappointed managers said two more spacewalks now will be needed to replace the pump and get the space station's cooling system operating normally again. The original plan



called for two spacewalks.

Another spacewalk won't be attempted until Wednesday at the earliest. Engineers huddled following Saturday's eight-hour, three-minute effort - the sixth longest spacewalk to consider their options.

"We will get through this problem," said program manager Mike Suffredini. "The challenge is to get through this ... before the next problem hits the other cooling system.'

The pump failure knocked out half of the space station's cooling system last weekend, leaving the orbiting lab with only one good cooling loop. Another breakdown could leave the station in a precarious situation. THE ASSOCIATED PRESS

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**News in brief** 



Steve
Buscemi says
it's only in his
"wildest"
dreams that
he saw himself
as a leading man.
But that's just
what the respected character
actor plays in the
new HBO series
Boardwalk
Empire.

British star Emma Thompson was presented with a star on Hollywood's Walk of Fame on Friday.

THE ASSOCIATED PRESS

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# Cera picks a fight

**○** Elaborate training helped actor prepare for fight sequences in Scott Pilgrim Vs. The World **○** Comic book adaptation actually set in Toronto



Through his breakout roles in Arrested Development and Superbad, Michael Cera practically turned adolescent awkwardness into an art form. Now 22, the young Brampton, Ont., native is moving onto playing characters who are awkward arrested adolescents.

Not exactly a huge jump, but a jump nonetheless. His latest movie is Scott Pilgrim Vs. The World, a wonderfully bizarre comic book adaptation about a struggling 20-something who must defeat his girlfriend's seven evil exes through a series of

"Toronto definitely is a huge character in the movie and it's such a stand out in that way because I can't think of any other movies that really glorify the city." MICHAEL CERA

elaborate fight sequences. At the very least, it's not something you've seen before. "I can't think of any other movie with this kind of tone," Cera told Metro. "There's a voice to the movie that's all it's own and I think that's really important in comedy"

The film presented Cera with a new challenge. Though the actor had cut his teeth on dialogue-driven comedies, playing Scott Pilgrim required him to

wield a sword and dabble in kung fu.

"The fight training was very extensive and I had to try so hard just to throw a punch at first," laughed Cera. "It went on five days a week for like eight weeks and was basically like learning dance numbers. It was all beats and timing."

All of that training clearly paid off because audiences will get to see the typically subdued Cera pull off some impressive fight sequences, from punching his way through a pack of skateboarders to battling Jason Schwartzman with a flaming sword. "They were all fun challenges to tackle and so diverse," recalled the actor.

actor.

While the film offered new challenges for Cera, it also featured one comforting familiarity. Like many Hollywood productions it was shot in Toronto, but in a rare instance the movie was actually set in the city.

"It doesn't remind me of anything. I'm not like, 'Oh, that was like that other Toronto movie.' This is really it's own thing," said Cera.

#### **Evil Exes**

Guide To Scott Pilgrim's Battles With The Seven Evil Exes

- 1) The Ex: Matthew Patel (Satya Bhabha) The Fight: Bit of Bollywood turned to
- 2) The Ex: Lucas Lee (Chris Evans) The Fight: Kung fu meets skateboards.
- 3) The Ex: Todd Ingram (Brandon Routh) The Fight: "An epic bass battle with a vegan," Entertainment Weekly says.
- 4) The Ex: Roxy Richter (Mae Whitman) The Fight: Scott faces off as a puppet.
- 5/6) The Ex: The Katayanagi Twins (Keita Saitou and Shota Saito)
   The Fight: Monsters, drag-

ons in a musical mix.

7) The Ex: Gideon Gordon

Graves (Jason Schwartzman) The Fight: "A sword fight that turns the movie into an 8-bit swashbuckler," Entertainment Weekly says.

### Spike Lee slams report that says much of Gulf oil recovered

Filmmaker Spike Lee is calling a "lie" a U.S. government report that 75 per cent of the spilled Gulf Coast oil is gone.

Speaking to a meeting of the Television Critics Association on the weekend in Beverly Hills, Calif., Lee said journalists should expose what he called the real story.

He argued that it's unlikely that "abracadabra,

### new movie

If God is Willing and Da Creek Don't Rise, a followup to his 2006 film about the hurricane, debuts Aug. 23 and 24 on HBO.

presto chango" the vast majority of the oil has vanished from Gulf of Mexico waters and coastal wetlands

Federal scientists said last week that nearly three-quarters of the oil has been removed by various artificial or natural means, but that the spill's effect on wildlife will long continue.

Lee was promoting his new documentary about New Orleans after hurricane Katrina.

THE ASSOCIATED PRESS



### Gaga, Phoenix top Lollapalooza highlights

Few music festivals are as big and popular as Chicago's Lollapalooza. Metro reports back the highlights from this year's three-day event, held annually in the city's spacious Grant Park.

Best Trucker Mouth On A Pop Superstar: For many, Friday night was a tortured decision — catch the Lady Gaga spectacle or soak in the sounds of a reunited Strokes? Those that threw their lot in with the Gaga were treated to a hail of Fbombs during betweensong soliloquies that veered between be-all-that-you-canbe motivational speeches and go-to-hell gloating directed at those who savaged

her set three years ago.

Best Set By A Band We've Seen A Dozen Times Before: Hamilton Leithauser's

The Walkmen, is one of the most consistent band's of the past decade. Leithauser howls like the frontman most acts would kill for while the rest of the crew wrestle dreamy sounds from vintage instruments. Debuting songs from Lisbon — due in September — The Walkmen sound like a band with something to prove at a career point

when lesser acts happily rest on their laurels.

Best Thing Ever: France's Phoenix wrapped their set with a transcendent performance of 1901 that blessed fans with singer Thomas Mars wading into the crowd, trailing a red-lit mic cord. Thousands of hands thrown in the air alongside thousands of strained voices cherishing a

late contender for the past decade's finest pop hook completed a life-affirming moment. ANDREW FIFIELD



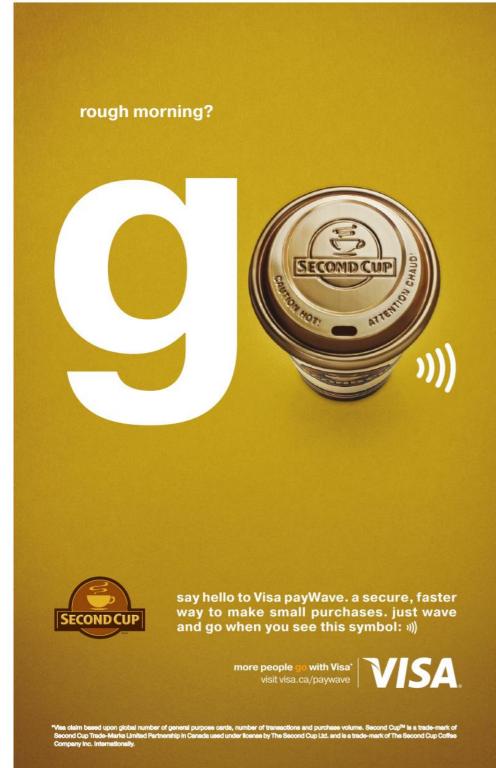






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## Penn questions Jean's bid to be Haiti president

### Outspoken star says singer hasn't done enough for his native country

Wyclef Jean's fledgling bid for the Haitian presidency has met with its first critic.

Sean Penn isn't planning on attending any fundraisers for the singer anytime

"He has been virtually silent for those of us in

Haiti, he has been a non-presence," Penn says, according to Hollyscoop.

"I want to see someone who is really, really willing to sacrifice for their country and not just someone who I personally saw with a vulgar entourage of vehicles that demonstrated a wealth in Haiti that in context,

obscene demonstration." Penn also insists charges that Jean misdirected \$400,000 in funds from his charity raise concern. "That has to be looked into," Penn says. "I've been there. I know what \$400,000 could do for these people's lives.'

METRO WORLD NEWS

I felt (was) a very



## Simpson says: Consult a friend

Despite all the negative things people have said about her, Jessica Simpson

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is doing great, she insists. "I'm very happy. Right now in my life, I'm the most confident I've ever

been. I can make that statement," she tells Peo-

ple magazine.

"At this point, nothing else can be said about me that could be worse than I have already read." She also thinks that

everyone should try and work through their problems — just not necessarily with a paid professional: "I really be-lieve that somebody should just sit in front of their best friend in the world and have their friend ask any and every question — offensive or not. And whatever it is, an-

swer it," Simpson advises.
"That's your therapy. Really tackling those issues inside and out.'

METRO WORLD NEWS



Work can wait. These

### Momsen goes off on Catholic church Taylor Momsen is working overtime in her bid to be

the most provocative teen star. The 17-year-old Gossip Girl actress and singer wrote her band's song Going Down as a response to the Catholic Church abuse scandal. "It seemed like a very fit-

ting song to write at the time," Momsen explained during an expletive-laden interview with a New Zealand radio station. "It was kind of a f—k you to all the molestation going on. It was just insane.



Momsen also railed back at criticisms of an earlier interview in which she joked about using a vibrator, something she insists is perfectly normal.

METRO WORLD NEWS

### Shiloh's style | Lohan has OK with Jolie | lonely reha

Angelina Jolie has no problem with daughter Shiloh's fashion choices, even if the young girl's boyish style is turning heads. "It's not my choice. I have a very strong-willed 4-year-old girl," Jolie tells Grazia magazine.

METRO WORLD NEWS

### lonely rehab

Lindsay Lohan's stay in rehab will be a lonely one for the first month, according to TMZ. Sources say the actress has been put on a program that restricts visitors to blood relatives during the first 30 days of her 90day treatment.

METRO WORLD NEWS

#### **Celebrity tweets**



have found the key to a happy life is to surround myself with likeminded people who agree with me constantly.

Mayer [@johnc-

mayer] |

Kristen Bell

[@IMKris-



tenBell1 Why is it that I'm pretty sure fish don't have blood?



life--as soon as they lose there money - want to be special quick



Russell Crowe [Arussellcrowe] Anyone awake

in Poland?





Proud parents ponder what to do with the countless baby photos they amass over the years
 BabyCenter.com editor-in-chief offers organizing and storage ideas that are easy to use and take advantage of in the digital age

# Trigger-happy

I am the stereotypical trigger-happy first-time parent. I've taken more than 10,000 pictures of my son — and he's barely a year old

While I love the fact that I've been able to capture so many precious moments, there can be too much of a good thing. Currently these photos are plopped in a giant folder on my computer. I don't envision him browsing through these thousands and thousands of digital shots the way I flip through my baby albums stuffed with printed photographs. And that's a shame.

Linda Murray, editor-inchief of BabyCenter.com, assures me l'm not alone in this dilemma. Many moms on popular website say they have completely replaced the traditional photo album — and presumably more than a few of them are fellow shutterbugs.

"We keep going and go-

"We keep going and going and going because there's no expense to it ... We're all out there taking all these photos ... so now we have the back-end problem."

LINDA MURRAY. EDITOR-IN-CHIEF OF BABYCENTER.COM

ing and going because there's no expense to it," says Murray, describing the mixed blessing of preserving memories in the digital age. "We're all out there taking all these photos ... so now we have the back-end problem."

Turns out, there are countless options for storing and sharing digital photos. You can upload them onto web-based albums on specialized sites like Shutterfly, or social networking sites like Facebook and BabyCenter Community. You can download software like Picasa that will organize photos on your desktop, or use a program like iPhoto on Macs. You can make an online scrapbook of sorts by keeping a photo

blog — mostly pictures, some captions and occasional anecdotes.

(It's wise to make backups of your photos on an external hard drive or CDs in case — shudder at the thought — something happens to your computer or a host website.)

For a purely digital experience in displaying the images, you can get an electronic frame that rotates through all the photos on a memory card. For a foot in both worlds, you can use one of the photo websites or software to place an order for a printed album.

Whatever you do with the photos, Murray says, the key lies in winnowing them down to a manage-



able handful of favourites — professionals call these "hero shots" — and using a labelling system that's easy to remember.

Sure enough, photographer-mom Amy Beth Bennett of Oakland Park, Fla., approaches her two-year-old daughter's photo blog the way she does an assignment. Out of a couple of hundred photographs, she'll pick only a few to post for family and friends—ones that have the most

telling moments. No one wants to slog through the equivalent of a vacation slide show, Bennett says. "You just want them to see how your girl's doing."

how your girl's doing."

Then, like she does at the office, Bennett gives each of those photos a filename consisting of the date and event (sandbox, train ride, etc.) so she can search for and find them easily. After that, they go into a folder named after the year.

THE ASSOCIATED PRESS

life



eware

The first sign is when the fragrant green leaves of your basil plant turn yellow on top. But the telltale proof is underneath, where spores appear as a mass of purplish grey dots. It's called downy middew, an aggressive new disease that has wiped out basil crops in parts of the U.S. and was recently spotted in Ontario.

**® THE ASSOCIATED PRESS** 



# Liven up your fruit salad

♠ A jazzed up take on one of summer's favourite staples
 ♠ Watermelon Salad With Basil and Bacon stays true to the old adage that bacon improves everything

Following the axiom that bacon makes everything better, it's about time to jazz up that staple of summer celebrations — fruit salad.

It starts with a basic fruit salad of watermelon, strawberries and diced apples. Then dress that with a simple vinaigrette of olive oil and lemon juice spiked with salt and pepper. You could stop right there because a splash of acid (the vinaigrette) does wonders to bring out the sweetness of fruit.

Crumbled bacon and slivered fresh basil are used to top the salad, offering a savoury, salty and (in the case of the basil) peppery contrast to the fruit. The bacon also adds a pleasant crunch.

The salad also can be

prepped in advance; just leave out the basil and bacon, adding just before

serving.
Finally, if you simply can't accept bacon in a fruit salad (and refuse to accept the universal truth of bacon's ability to improve all things), substitute crumbled Parmesan (which is governed by a similar natural law) or feta cheese, which will add a similar salty, savoury flavour.

#### Preparation:

- In a large bowl, combine watermelon, strawberries and apples.
- 2 In a small bowl, whisk together olive oil, lemon juice, salt and pepper. Drizzle mixture over fruit, then gently toss to combine. Scatter bacon and basil over salad. Serve immediately at room temperature.

THE ASSOCIATED PRESS

### Ingredients:

- 1.5 l (6 cups) cut watermel-
- 500 ml (2 cups) quartered fresh strawberries
- 2 green apples, cored and diced
- 15 ml (1 tbsp) extra-virgin olive oil
- 15 ml (1 tbsp) lemon
- juice
   2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 6 slices cooked and cooled
- bacon, crumbled
   50 ml (1/4 cup) thinly sliced fresh basil





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Any space can be beautiful.

An DUTCH Check-Staff English (Check-Staff Check-Staff Check-Staff

INFORMATION FEATURE

### What is fair trade?

TRADE We've heard the term "fair trade" come up in recent years in reference to the food we eat, but what does it mean?

According to TransFair Canada, the "Fair Trade" movement started around the 1950s as a partnership between importers and producers to find ways in which poverty can be alleviated in poorer countries.

Since then, more organizations and corporations have joined the movement to ensure fair prices, social and economic premiums, fair and safe labour, environmental sustainability, access to credit, and long-term contracts for producers of some of our main staples—such as coffee, chocolate and sugar—among others.

For more information on Fair Trade practices and where to purchase products that have been Fair Trade-certified, visit www.TransFair.ca.

### Easy Caffeinated Cocoa Truffles

● Not only are these treats easy to make, but they're also made from ethically sourced ingredients!

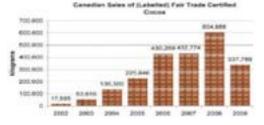
The sweetness of milk chocolate blends with the bitterness of unsweetened cocoa and strong coffee beautifully.

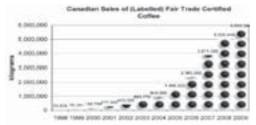
### Cocoa Truffles Preparation:

- Break the chocolate into small pieces and whisk gently with coffee in a double boiler (or bowl placed in hot water) until smooth and melted.
- 2 Cover mixture and refrigerate for a few hours or overnight (until firm).
- Scoop small teaspoonfuls of coffee/chocolate mixture and roll into 1-inch "truffle" balls with your hands (or leave them as rough chunks).
- Toss truffles in cocoa powder until lightly dusted.
- 5 Store refrigerated truffles in an airtight container and enjoy!











### How to green your grill

▶ Is there such a thing as eco-friendly barbecuing? ▶ The answer is yes



"Everybody traces back to barbecue," says champion competitive grill master Danielle Dimovski. "It was the first way to cook food."

Sweet, sizzling, delicious grilled meat is a wonderful treat for barbecue fans everywhere. But it doesn't seem like a particularly green or eco-friendly activity.

So Metro asked Dimovski, head of the top-ranked Diva Q grill team from Barrie, Ont., if there's any good, green news at the

### Is there such a thing as eco-friendly barbecue?

"Traeger Grills has a system where they use compressed wood pellets," Dimovski explains. "The movski explains. "The hardwood sawdust that they're using is recycled, and would otherwise have just gone for waste."

Also, they have a burn system that has an efficiency rate of 98.8 per cent. That fuel-to-air ratio basically provides you with much lower emissions and a reduced carbon foot-

#### Can I make my current barbecue grill cleaner?

"Number one: You have to keep your grill very, very clean," she says. "All the extra build-up of food? That actually burned. And that's not good for any-body. You need to burn cleanly, using a charcoal that has no additives or fillers.

And don't just turn on your grill and do one hot dog. If you're going to grill, use it to the max. If you're going to do a pork shoulder and it's going to take eight hours, make sure your entire grill is full."

### Are there greener and cleaner grilled foods?

"Yeah," she says. "They're probably vegetables. We'll typically let meats sizzle on the grill, and that's not really the best thing environmentally. I'm going to guess that vegetables would grill more cleanly."

But she's openly and admittedly not thrilled with the idea. "They're really not my thing," Dimovski concedes, going BBQ old-school. "Not ever, on this planet, will I ever be doing





### **Queen of Green**

### LINDSAY COULTER

SEND YOUR QUESTIONS TO OUEENOFGREEN@METRONEWS.CA. FOR MORE GREAT TIPS, VISIT THE DAVIDSHZIIKI.ORG



### **GREENER CLEANERS** AND DISINFECTANTS

#### QUESTION:

I work with children and we're trying to green our workplace. We use a disinfectant to clean our toys and play areas, but it's terribly toxic. What should I look for in a non-toxic alternative? Lori, Vancouver, B.C.

here are safer and equally effective alternatives to conventional disinfectants and anti-bacterial products. In fact, our recent obsession with germs has the Canadian Medical Association calling on the federal government to ban all antibacterial household products because of fears they cause bacterial resistance.

And you're right to be concerned about your clients, the kids - not to mention the staff who have to apply the toxic chemicals.

Kids are not miniature adults. Kilogram for kilogram, kids absorb more chemicals than adults. They're closer to the ground and they have what some experts call an "exploratory nature," which means they put everything in their mouths!

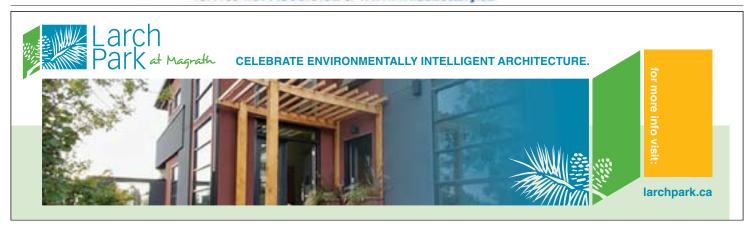
Find a safer disinfectant (and any household cleaning product) by choosing those with ingredients listed, plant-based ingredients, and the Green Seal or Ecologo-certified label.

The Green Seal standard certifies products and services that meet sciencebased environmental standards.

Certification guarantees that products perform as well as or better than conventional products. And that's not all, ingrediare biodegradable ents and do not contain phthalates, heavy metals or optical brighteners.

It can be tricky for us consumers because companies that manufacture cleaning products are not required by law to list ingredients. I suggest leaving those products on the shelf. If you can find an ingredient list, avoid "chlor' compounds, fragrance and triclosan. Triclosan in particular is one of the most anti-bacterial common agents in household cleaners and it's suspected of interfering with hormone function and contributes to antibiotic-resistant bacteria. Triclosan is also harmful fish to wildlife.

No matter what field you work in, if you are you interested in greening your workplace, check out davidsuzuki.org.



HS \$418\*

### Group takes aim at Hogweed

It's tall, pretty and impressive and it has been living

quietly in Canadian yards and hiding out in lush

But giant hogweed's other reputation containing a toxic sap that causes burns and, in rare cases, blindness caught up to it.

green space for decades.

A coalition that raises awareness about invasive species is calling for the giant hogweed (Heracleum mantegazzianum) to be sent packing from this country for good.

the changes we're making difference." to our natural habitat, it can have long-term effects

The massive plant which stands out due to its and in this case, pretty major social effects," said Gail sheer size, big leaves and white umbrella-shaped blooms — has captured Wallin, who represents the headlines in many parts of National Invasive Species the country in recent

Working Group.
"If there's a plant everyone should care about as an example, giant hogneed to know

what they're dealing with because of the possibility of bad burns.

The sap is potent when it comes into contact with rays on skin, with blotches starting to show. THE CANADIAN PRESS

weeks. Experts say people

\$42,184 MSRP weed, coast-to-coast, is an example where we can LEXUS CANADA CONTRIBUTION \$3,500 still make a "It's an example of how when we don't un-\$2,000 LEXUS DEALER CONTRIBUTION derstand CASH PURCHASE PRICE \$36,684\* INCLUDES FREIGHT/PDI AND BLOCK HEATER

signals season for big concerts The summer concert season typically means a few things: outsized spectacle, stadium-worthy stars and,

well, sweat. So much sweat.

**Sweat** 

There are few less effective ways to beat the heat than attending a concert, whether you're stuffed into a sultry rock club like a lime wedge in a beer bottle or swaying under the searing sun at an outdoor summer festival.

And it's even worse for the bands, who try to summon kinetic energy while facing the glare of bright and, of course, hot

"If it's hot in the audi-



ence, it's hotter onstage said Amber Webber, vocalpsych Mountain. Black

Many festivals take steps to try to help concert-goers keep cool even as temperatures soar.

Chicago's Lollapalooza,

for instance, allowed fans to bring two litres of water onto park grounds. On their website, organizers also advised fans to use the free water fountains at Grant Park and cool off at the misting areas on site — because "heatstroke is not cool."

**EXUS HYBRID** 

DRIVE

It's just as much of a concern onstage, however. And since artists as a rule tend to strut their stuff in the summer months, most can recall stories of their hottest shows with a clarity the smoggy summer of-

5.7L/100km combined city/highway

(50 miles/gallon) on regular fuel

For rapper Shad, it was an outdoor gig on the Warped Tour in the stultifying Texas heat that left an indelible mark.

"I almost fell asleep onstage, it was so hot, London, Ont., rapper said in a recent interview.

"We were in Houston, and I was doing a song where I was playing guitar, and I was thinking: 'I need to not do this, 'cause I'm just standing here playing

tar, and I'm go-

ing to fall asleep."

Great Big Sea's Alan Doyle remembered a particularly sweaty performance at the Big Fish Pub in

Tempe, Ariz.
"I thought literally that the seams on my guitar would separate," he recalled in a recent interview. "The instruments were so dripping wet. They kept sliding out of the

THE CANADIAN PRESS





### **News in brief**

### McMaster should market self better: Officials

EDUCATION International relations officials at Mc-Master University say the institution must reach out aggressively to the world and maintain and enhance its reputation as a leading university. With the competition for international students becoming fierce in Canada and abroad, McMaster cannot afford to just coast on its good reputation, says the university's associate vice-principal responsible for international affairs. "We have to go out and blow our own horn," the official says. The vice-president responsible for research and international affairs says McMaster is marketing itself most aggressively in Europe, Asia, the Middle East, and Latin America. The effort, the VP says, should produce a richer campus, both academically and socially. For now, both officials say the prospect of a for-eign McMaster satellite campus remains a possibility, albeit a distant

TORSTAR NEWS SERVICES

### More women enrolling in Queen's engineering

**EDUCATION** The number of female engineering students at Queen's University has increased in

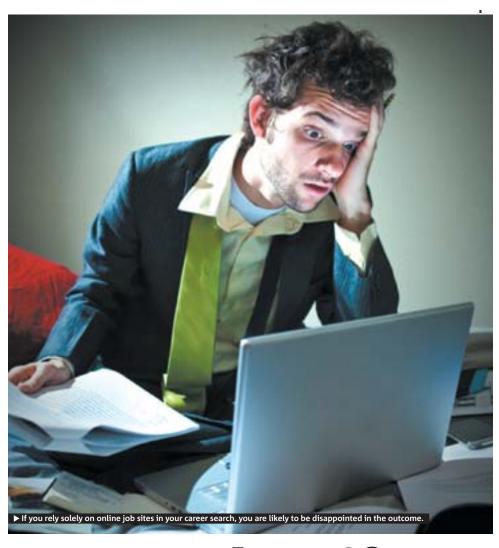
recent years. Two years ago, women accounted for 23 per cent of the incoming engineering class, then the proportion rose to 25 per cent in 2009, and now it is at 28.1 per cent for the 2010-11 academic year. The university's engineering and applied science faculty has been actively trying to recruit more women and has tried to break down some of the stereotypes people hold about just who is suited to being an engineer.

### ACC suspends nursing apps

EDUCATION Assiniboine
Community College announced last week its
Winnipeg Training Centre will not accept new
applications for the twoyear practical nursing
diploma program until
January 2012 due to
increased popularity.
With more than 250 applicants on the Winnipeg
waiting list, ACC has
enough qualified
applicants to fill the Winnipeg program for the
next three years. ACADEMICACA

### uOttawa publishes open access books

EDUCATION Recently, the University of Ottawa Press (UOP) made 36 of its books available free to the online community, an initiative under the UOP's digital publishing plan. The collection consists of both English- and French-language in-print titles in the arts, humanities, and social sciences.



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### Craigslist, while great for buying/selling items, is not the perfect place to find work, counsellors say



Career counsellors warn that the whole mini-universe of online job boards — Monster, CareerBuilder, HotJobs, etc. — is a great place to mis-invest your time and hope during a difficult job hunt. Employment guidebook author Margaret Riley Dikel calls it a "black hole," and Ford Myers, President of Career Potentials, agrees.

"Very, very few online applications are ever read or responded to," Myers says. "Good jobs don't get posted in the first place."

With unemployment high and the average Joe staring at the horizon for six months before the job boat lands, career counsellors say they're not surprised to see so many people surfing online want ads more than they should.

If you're among those unlucky masses, don't expect fantastic finds: Studies show 10 per cent or less of jobs are filled through online ads. But if the occasional online ad is one small part of your search strategy, you might as well do it right.

Start by composing a list of companies where you'd aim to work. About.com

jobseeker's expert Alison Doyle recommends doing a LinkedIn company search by industry and location.

"Check the company website and see if you can apply directly there," she offers

Back on the job boards, resist the temptation to rapid-fire the same cover letter and resumé combo at every link.

"It is absolutely impera-

"It is absolutely imperative to customize the cover letter," Dikel warns. A little resumé tweaking — like bumping up the most relevant, if not recent job — can make the difference between the yes stack and the no can.

#### What not to do

No 'Please Find the Attached Resume...'

"You've got 15-20 seconds to catch my attention in an email message," Dikel estimates, which is why you shouldn't burden your emails with a three-ton PDF of your resumé. Instead, just re-format it for email text. "It does not need to be gorgeous," Dikel says. "It needs to be readable."

Moreover, Dikel notes, a human being may never lay eyes on your application — so use the same keywords they use in the ad to pass the computerized scan test.

# Do homework in style

### • Designer tips to create a calm, organized place for school work

Kids may want to do their homework at the kitchen table with a sea of activity surrounding them. Many experts say they shouldn't.

"Build a space dedicated to homework and eliminate distractions," advises Douglas C. Merril, a former Google spokesman and author of the new Getting Organized in the Google Fra.

According to Merril, everyone thinks they can multi-task, but our brains just aren't cut out for it.

In her new book, Right-Sizing Your Home, consultant Gale Steves agrees. She writes, "Although kids gravitate to the kitchen or family room — where parents can keep a watchful eye on them — ultimately having a workspace of their own is important."

And Maxwell Gillingham-Ryan, founder of the design blog Apartmenttherapy.com, taught school in New York City before he became an interior designer. Each year he would visit students' homes, and here's what he observed: "Invariably, the children who did best in school came from homes that were calm, well-organized and attractive," he says.

"A child's homework

#### Space

You do not need a large space to create a good homework area. If space is limited, Steves suggests placing a desk under the top bunk instead of another bed, and creating storage with a small file caddy on wheels. She also suggests thinking vertically when space is limited. A hutch or shelves above a desk provide storage as well as space to display children's work.

space should be as simple and practical as possible," he believes. "Children need a private, separate environment where they can concentrate and get through their work."

While homework space must be functional and well organized, it also should be somewhere the child wants to spend time.

"Get your child involved in the design," advises Susanna Salk, interior designer and contributor to the Today show. "Have them look at pictures and say what they like."

Salk's book, Room for Children: Stylish Spaces for Sleep and Play, compiles pictures of children's rooms decorated by well-known designers. She believes that a child's workspace should have an inspirational element, and suggests checking out the wall art available on Art.com, where you can find murals that are easy to move, are stain-resistant, and can transform even a tiny homework space with a beautiful landscape or world map.

Most children are inspired by having something like what their parents use, Gillingham-Ryan suggests. "My daughter likes to have something that my wife or I have on our own desks. Consider giving your child a pen, lamp stapler or mouse pad like your own."

When selecting furnishings for homework space, keep in mind that your little girl or boy is going to get bigger and older.

Keep in mind that a nice wooden table can serve as a good desk. Gillingham-Ryan favours desks made from wood.

"Natural materials help a child to feel grounded," he says. THE CANADIAN PRESS











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### Mahan wins, worst for Woods

Hunter Mahan took a big step toward joining the elite in golf yesterday, winning his first World Golf Championship title to lock up a spot on the U.S. Ryder Cup team.

Four shots behind to start the final round at Firestone, Mahan ran off five birdies on the front nine to take the lead, then had three clutch par saves down the stretch to finish off a 6-under 64 and a two-shot victory over Ryan Palmer.

It was the second victory

this year for Mahan, and the \$1.4 million US he earned moved him to No. 2 in the Ryder Cup standings with only the PGA Championship remaining before the top eight Americans qualifying.

The battle for No. 1 was

far less inspiring.

Tiger Woods will remain atop the world ranking for the 270th consecutive week, despite the worst tournament of his career. Woods closed with a 77 to

finish at 18-over 298 — his highest score on the PGA Tour as a pro or an amateur — and finished one spot out of last place.

of last place.

That cleared the way for Phil Mickelson to replace him at No. 1, provided Lefty finished in fourth place alone

Mickelson was even worse. He shot 41 on the front nine, including a three-putt from four feet, and shot 78 to tee for 46th.



Quoted



"Obviously there are some elite guys that if they're available, they're going to be on the team, but it's all about finding the right mix."

HEAD COACH DAVE
CAMERON, ON PUTTING
TOGETHER CANADA'S
NEXT WORLD JUNIOR
HOCKEY TEAM.
THE TEAM'S SUMMER CAMP
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# One-hit wonder

Blue Jays' Morrow comes within an inning of throwing a no-hitter versus Tampa Bay
 Collects first shutout, complete game
 Would have been majors sixth no-hitter this season

It seems like no-hitters or perfect games are often punctuated by a defensive play that preserves the gem, like the leaping catch against the centre-field wall made by Dewayne Wise behind Mark Buehrle last July.

Brandon Morrow's moment came in the sixth-inning yesterday, when Vernon Wells chased down Ben Zobrist's drive to deep centre, leapt to snare the ball and then crashed into the wall, dislocating his right big toe to save his pitcher's no-hit bid in the process.

Unfortunately for the Toronto Blue Jays right-hander, the magic had run out by the time there were two outs in the ninth, and Evan Longoria poked a grounder toward the hole on the right side of the infield. Second baseman Aaron Hill charged the ball, dove to his left and had it glanced off his glove as the crowd of 22,313 gasped.

"Base hit," official scorer Dave Perkins bellowed in the press box, without a hint of hesitation.

And just like that, Morrow's attempt at the second no-hitter in franchise history and sixth in the majors this season vanished the way they all too often do, in jarring, agonizing fashion.

jarring, agonizing fashion.
"That close," lamented
manager Cito Gaston afterwards, holding his fingers
an inch apart. "That close."

Still, the ever-stoic Morrow shook off the disappointment as fans loudly applauded him, gathered himself during a meeting on the mound with Gaston, and proceeded to strike out Dan Johnson with his 137th pitch and seal a 1-0 victory against the Tampa Bay Rays.

Losing the no-no stung, but there was plenty of solace to be found in the best start of his young career.

"That was my first complete game, my first shutout; those things combined were more than enough to overcome the feeling of the missed no-hitter," said Morrow.

► Brandon Morrow salutes the crowd yesterday in Toronto.



# SOCCER & RUGBY FANS

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### Crossword

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- 1 Completely 4 Expire 9 Big pig
- 12 Zodiac sign 13 Playful water crit-
- ter
- 14 "Hail!"
- 15 Living room piece 17 Scooted
- 18 de mer
- 19 Piece of pasta
- 21 Take a breath 24 Formerly, for
- merly
- 25 Mediterranean or 36 Baltic
- 26 Home for 9-Across
- 28 Loses weight 31 Traditional stories
- 33 Listene
- 35 Leave out
- 36 Finish
- 38 Fellows 40 Historic time
- 41 Faucet problem
- 43 Autumn, e.g.
- 45 Leisurely walk
- 47 Scot's cap
- 48 Swiss canton
- 49 Fonda/Hopper classic
- 54 Gun the engine
- 55 Serviceable
- 56 Have debts 57 CBS logo
- 58 Studied (over) 59 Whammy

- 1 Hearty brew

- 2 Meadow
- 3 Angeles 4 Natives

#### 6 School org. 7 Paris' river

- 8 Mistakes
- 9 Dickens novel 10 Ellipse
- 11 Hereditary bit
- 16 Singer Sumac 20 Norway's capital 21 Capri, for one
- 22 Night light? 23 Data-storage de
- vice 27 Sweet potato
- 29 Surrealist Joan 30 Ollie's pal

#### 32 Continental

- money
  - 34 Shape anew 37 Amass
  - 39 Approached 42 Socrates' student
  - 44 Chartres chum 45 Foolproof
- 46 Deuce beate 50 Madam's counter
- part 51 Homer's interjec-
- tion 52 Ram's mate
- 53 Actor Harrison

### Sudoku

		2		3			5	
	4	5		1				
8		6			5			
	2	8						9
	9		4		8		7	
4						8	1	
			6			5		2
				9		3	4	
	5			7		6		

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

### Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

CC, you're going to be the best mom a kid could ever want. We're awesome as 2, we'll be even better as 3. Here's to a Crowded House. ALL MY LOVE, A

Dave W, Happy 31 days of pure awesomeness. You make me laugh through the good and the bed. I'm glad to have you in my life.

Congratulations Havley & Ian! May you both live happily ever after! LOVE ALWAYS, YOUR FAMILY & EDIENDS

Mom and Dad, Thank you for always supporting me and encouraging me to follow my dreams, your always there to motivate me and watch over me. I want to tell you that I appreciate it! CHEROLYNA

TODAY Min 9° Max 25°

TUESDAY Min 9° Max 27°

WEDNESDAY Min 13° Max 28°

2 9

3 8 5 1 9 2 7 6 4

4 7 6 3 8 5 1 9 2

7 3 2 5 1 4 9 8 6

6 1 4 9 7 8 2 3 5

9 8 6 2 3 4 7

9 6 7 2 5 1 3 4 8

2 5 3 8 4 9 6 1 7

8 4 1 7 3 6 5 2 9

4 6 7 8 5 3

### Michele McDougall Weather Specialist "My favourite part is reporting the

weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM



### Today's horoscope

#### T Aries March 21-April 19

There are so many things you want to change but you would be wise to resist the urge to make the kind of changes that others don't like. Compromise is a must today.

Taurus April 20-May 21 Your sixth sense should also be telling you this is not the right time to make a major move of some kind. What happens tomorrow will clear obstacles from your path - then you can really get going.

### II Gemini May 22-June 21

Don't try to avoid confrontation today because this is one of those occasions when no matter how much you try to win others round they won't want to listen.

#### G Cancer June 22-July 22

make a difficult decision con-- first you need to convince vourself.

Ω Leo July 23-Aug.23 Act on the assumption that you are hearing only half the story today. Question what you see and hear and don't be afraid to challenge accepted wisdom.

### MP Virgo Aug. 24- Sept. 22

a source of some dispute today and if a friend or work colleague asks for a loan you would be wise to say you are short of cash yourself. If not, you most likely soon will be

Today you are going to have to cerning your ambitions. Don't worry about convincing others that you know your own mind

Money matters are likely to be

← Libra Sept. 23-Oct. 23 Make an effort to be nice today, even with people whose only concern seems to be rubbing you up the wrong way. The fact is they feed off negative vibes, so the way to beat them is to be upbeat at all times.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

14

17

40

56

➤ Yesterday's answer

29 130

52 53

20

35

44

19

24

34

43

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27

38

50

33

42

28

39

M Scorpio oct. 24-Nov. 22 You have so much energy at your disposal, but what are you going to do with it all? Physical activity of some kind is probably the best way to channel your Scorpio drive.

### → Sagittarius

Nov. 23-Dec. 21 You need to be aware of your limits. If you take on too much, or take on the wrong person, your efforts will at best come to nothing and might even end in defeat

### り Capricorn Dec. 22-Jan. 20

You are always looking for ways to improve your status and reputation but the planets warn your efforts could backfire today, especially if employers and other powerful people think you are being insincere.

#### Aquarius Jan. 21-Feb. 18 What you want to believe and

what it's wise to believe are likely to be two completely different things today, be careful.

#### ) | Pisces Feb. 19-March 20 Don't try to bluff your way

through a situation where you don't have all the facts at your fingertips. You may think you are smart enough to stay out of trouble but if you're wrong it could be costly. Play safe. SALLY BROMPTO!



#### You WIN! write it!

Write a funny cap tion for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's Metro





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metrenews.ca



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### CaptureThePage.ca



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